



MASTER OF SCIENCE IN  
**Nutrition**



“The **doctor of the future** will give no medicine, but will instruct his patient in the care of the human frame, in diet and in the cause and prevention of disease.”

—THOMAS EDISON



## MASTER OF SCIENCE IN **Nutrition**

Food *truly* is medicine.

**Do you have a passion for nutrition, cooking and meal planning?**  
Become an expert in holistic nutrition with our Master of Science in Nutrition (MScN) degree program.

Many of today's health challenges—chronic disease, diabetes, obesity and more—can be prevented or managed through nutrition and lifestyle changes. The old adage “you are what you eat” has never been more true. Our nutrition program is focused on whole, unprocessed foods and traditional diets, and our philosophy that *Food is Medicine* is represented in every course. The curriculum is designed to get students out of the classroom and into the kitchen—depending on the electives chosen, up to half of the courses have cooking components. With a focus on clinical nutrition, our graduates can plan a menu and cook healthy, nutritious meals appropriate for different medical conditions, while also respecting individual cultural considerations.

The mission of the Master of Science in Nutrition program is to advocate for healthy lifestyles by increasing awareness of how food and nutrients impact human health and disease, and to respect diverse nutritional needs, dietary patterns, and food preferences.

### PROGRAM OVERVIEW

**Nutrition is a dynamic science with new research findings constantly being published.** Our MScN program is evidence-based and integrates nutritional biochemistry and pathophysiology with advanced clinical nutrition education. An active-learning curriculum provides a solid foundation in holistic nutrition and food systems, complemented by skill training in cooking, teaching and nutritional counseling.

Students in the on-campus program train in our state-of-the-art kitchen, while students in the online program complete cooking activities at home, and complete a capstone project—gaining experience and confidence in their skills. Additional opportunities include a nutrition-specific shift at NUNM's campus clinic, where students work directly with patients to improve their diet and well-being.

Our program is two years in length. It is also possible to take other programs at NUNM concurrently by extending the program length. A unique feature of our program is the ability to customize your MScN curriculum with focused electives, allowing you to study specific areas of interest in clinical, community, culinary or environmental topics.

### PROGRAM FORMAT

In addition to our two-year program taught on campus, we also offer an online program. Visit [nunm.edu](http://nunm.edu) for further details.





## CAREER DEVELOPMENT AND OUTCOMES

**Start with the end in mind.** This is what we ask NUNM students to do, which may seem unusual, but we're not your average school. We want you prepared for a lifelong practice of healing, and our goal is to ensure our graduates are competitive in their career of choice by defining their career objective and pursuing it through adaptability and focus.

Our career center offers customized one-to-one career and business development support to launch your career. We will guide you through developing a resume and/or curriculum vitae, and creating elevator pitches, career plans and business plans.

Our MScN graduates move into fulfilling careers, including:

- Health coaching
- Practice in integrative care centers
- Nutrition counseling
- Personal chef
- Community nutrition educator
- Teaching in higher education

The MScN curriculum has been approved by the Board for Certification of Nutrition Specialists. After obtaining the necessary hours of experience, our graduates may sit for the CNS qualifying exam.





## THE BEST BIKE CITIES IN AMERICA

Bicycling Magazine (Oct. 10, 2018)



## THE GREENEST CITIES IN THE U.S.

Newsweek (Oct. 15, 2018)



## PORTLAND

### A haven for green living

Our location in the heart of Portland, Oregon, is ideal. Residents enjoy the benefits and advantages of city living with an emphasis on sustainability. A small city with a big heart, Portland is proud of its reputation for progressive politics and social consciousness. Consistently winning top prizes for sustainability, Portland's innovative urban planning is a model of livability that keeps urban sprawl in check while promoting distinctive, vibrant neighborhoods and luxuriant, tree-filled parks. Its extensive mass transit system is

## No.2 AMERICA'S BEST CITIES FOR VEGETARIANS & VEGANS

Well+Good (Oct. 15, 2018)



## No.1 TOP 10 BEST FOOD CITIES IN AMERICA

Jetsetter (April 11, 2019)

a great complement to the bicycling revolution happening throughout the Portland metro area.

NUNM's campus is nestled in progressive Portland. **Our students are close-knit**, and you will become part of a group of individuals seeking to transform their own communities through health—naturally.

# Master of Science in Nutrition

## Two-Year On-Campus Program

Term	Course #	Course Topic	Credits	
YEAR ONE	FALL	GSN 502	Culinary Skills	2
		GSN 507	Fundamentals of Nutrition	4
		GSN 508	Fundamentals of Nutrition Workshop	1
		GSN 514	Nutritional Biochemistry	2
		GSN 516	Pathophysiology	3
		GSN 590	Professional Development I	1
	WINTER	GSN 505	Healing Foods I	2
		GSN 506	Healing Foods I Practicum	2
		GSN 515	Nutritional Assessment	2
		GSN 536	Gut Microbiome	2
	SPRING	GSN 524	Medical Nutrition Therapy	3
		GSN 526	Lifecycle Nutrition	3
GSN 528		Health Coaching	2	
GSN 529		Applied Medical Nutrition Therapy	2	
SUMMER	GSN 503	Farm to Table	2	
	GSN 591	Professional Development II	2	
		Electives	4	
YEAR TWO	FALL	GSN 517	Psychology of Eating	2
		GSN 534	Cultural Humility and Food Justice	2
		GSN 563	Business of Nutrition	2
		GSN 690	Capstone Preparation	2
	WINTER	GSN 509	Community Nutrition and Food Policy	3
		GSN 691	Capstone I	2
			Electives	4
	SPRING	GSN 692	Capstone II	2
		Electives	6	
	CORE PROGRAM CREDITS			50
ELECTIVE CREDITS			14	
TOTAL REQUIRED CREDITS			64	



# Master of Science in Nutrition

## Two-Year Online Program

Term	Course #	Course Topic	Credits	
YEAR ONE	FALL	GSN 584	Fundamentals of Nutrition	5
		GSN 514	Nutritional Biochemistry	2
		GSN 516	Pathophysiology	3
		GSN 590	Professional Development I	1
	WINTER	GSN 502	Culinary Skills	2
		GSN 585	Healing Foods I	2
		GSN 515	Nutritional Assessment	2
		GSN 536	Gut Microbiome	2
	SPRING	GSN 586	Medical Nutrition Therapy	5
		GSN 526	Lifecycle Nutrition	3
		GSN 528	Health Coaching	2
	YEAR TWO	SUMMER	GSN 503	Farm to Table
GSN 591			Professional Development II	2
			Electives	4
FALL		GSN 517	Psychology of Eating	2
		GSN 534	Cultural Humility and Food Justice	2
		GSN 563	Business of Nutrition	2
		GSN 690	Capstone Preparation	2
WINTER		GSN 509	Community Nutrition and Food Policy	3
		GSN 691	Capstone I	2
			Electives	4
SPRING		GSN 692	Capstone II	2
			Electives	6
CORE PROGRAM CREDITS			50	
ELECTIVE CREDITS			14	
TOTAL REQUIRED CREDITS			64	



## ELECTIVE FOCUS OPTIONS

Course #	Course Name	Clinical	Community	Culinary	Environmental
GSN 511E	Introduction to Integrative Sports Medicine	X			
GSN 538E	Cooking Pedagogy	X	X	X	
GSN 542E	Cooking and Considering Meat and Seafood	X		X	X
GSN 543E	Personal Chef and Food Service			X	
GSN 544E	Global and Ecological Food Issues		X		X
GSN 545E	Global Cuisine			X	
GSN 546E	Food Allergies and Intolerances	X			
GSN 547E	Fad Diets	X			
GSN 548E	Eating Disorders and Intuitive Eating	X			
GSN 549E	Detoxification and Cleanses	X		X	
GSN 550E	Clinical Case Presentation	X			
GSN 551E	Therapeutic Diets	X		X	
GSN 552E	Nutritional Supplements	X			
GSN —	Sports Nutrition I & II	X			
GSN —	Seasonal Cooking Series			X	
GSN 555E	Clinical Biochemistry and Nutrition	X			
GSN 557E	Cooking with Medicinal Herbs	X		X	X
GSN 558E	Food as Medicine Everyday Educator Training		X	X	
GSN 559E	Vegan Diets	X		X	
GSN 561E	Recipe & Menu Development	X		X	
GSN 564E	Nutritional Genetics	X			
GSN 565E	Food Anthropology		X		
GSN 567E	Healing Foods II	X		X	
GSN 568E	Healing Foods II Practicum	X		X	
GSN 569E	Lifestyle and Wellness	X	X		
GSN 571E	Introduction to Organic Agriculture				X
GSN 572E	Indian Cooking			X	
GSN 573E	Childhood Nutrition	X	X	X	
GSN 574E	Food Relationship Coaching	X			
GSN 575E	Obesity, Metabolic Syndrome, and Diabetes	X			
GSN 576E	Mediterranean Diet Immersion in Croatia		X	X	X
GSN 577E	Nutrition Career Strategies Retreat	X	X	X	X
GSN 578E	Food Chemistry	X		X	
GSN 579E	Preparation for Clinic Nutrition Rotation	X			
GSN 580E	Clinic Nutrition Rotation	X			
GSN 582E	Constitutional Medicine and Seasonal Dietetics	X			
GSN 583E	Nutritional Counseling	X			
GSN 589E	Nutritional Immunology	X			
GSN 592E	Autoimmunity	X			
GSN 614E	Advanced Nutritional Biochemistry	X			
GSN 838E	Israel Culinary and Cultural Immersion Trip		X	X	X

“The practical experience I gained was only a portion of what I took away from my internship. . .it solidified for me that working in a clinical setting was **exactly what I was looking to do.**”

—Megan Deras Gardner, MScN ('15), CNS, CPT

## ESTIMATED PROGRAM COST

For current tuition and fee information, please visit [nunm.edu](http://nunm.edu). Students concurrently enrolled in another degree program at NUNM may transfer in applicable course credits.

## ADMISSIONS REQUIREMENTS

Visit [nunm.edu](http://nunm.edu) for detailed admissions requirements, prerequisites and required documents.

## FINANCIAL AID

Graduate school is a huge commitment on many levels. Our goal is to help you understand the financial aid process and options, and provide students with the best aid package available. More than 96% of students receive some sort of financial aid at NUNM.

## VISIT US

To learn more about NUNM and our programs, we invite you to become acquainted with our students, faculty, programs and more. Schedule a tour of NUNM. If natural medicine is your dream, if you want to change the future of health care—we can't wait to meet you!

To arrange a tour with our Admissions team, please visit [nunm.edu/tour](http://nunm.edu/tour) or call 877.669.8737 or 503.552.1660.



“When I found NUNM, I got an ‘aha moment,’ and sighed with relief: this nutrition program resonates with me. . .  
**It’s a very visionary program with distinct faculty.”**

—Keith Gittens, MScN ('15), MScGH ('16)



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